

## Schedule – AIKIDO-DOJO Munich – Danklstrasse 9

|                     | Monday                                       | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday  |
|---------------------|--|--|--|--|--|---|---|
| 6:45<br>-<br>8:00   | .  | .  | .  | .  | ( only May-Aug )<br><u>Zazen</u> & Aikido<br><u>Matthias</u> | .   | .   |
| 13:30<br>-<br>15:00 | .  | .  | .  | .  | .  | 13:30 - 16:40<br>( <u>only once a month</u> )<br><br><u>Zazen</u><br><u>Gerhard</u> | .   |
| 15:00<br>-<br>16:30 | .  | .  | .  | .  | .  |   | .   |
| 16:30<br>-<br>18:00 | .  | .  | Aikido youth class<br><u>Sylvia</u>                    | .  | Aikido youth class<br><u>Sylvia</u>                          | 17:00 - 18:30<br>(registration requested)<br>Aikido<br>miscellaneous<br>trainers    | .   |
| 18:00<br>-<br>19:15 | Aikido<br>basics class<br>( <u>Rüdiger</u> ) | Alternating:<br>Itto-den Shinki Toho<br>Kenjutsu (from 5pm)<br><u>Birgit</u><br>Daitoryu (from 6pm)<br><u>Matthias</u> | Aikido<br><u>Birgit</u>                                | 18:30 - 19:15<br><br>Jo & Bokken<br><u>Gerhard</u> | Aikido<br><u>Sylvia</u>                                      |   | .   |
| 19:15<br>-<br>20:30 | Aikido<br><u>Martin</u>                      | Aikido<br><u>Doris</u>   | Aikido<br>( <u>Rüdiger</u> )                           | Aikido<br><u>Gerhard</u>                           | Aikido<br><u>Doris</u>                                       | .   | 19:00 - 20:00<br>Iaido<br>Freies Training<br><u>Sebastian</u>               |
| 20:30<br>-<br>21:45 | .  | Aikido &<br><u>Zazen</u><br><u>Gerhard</u>   | Jo & Bokken katas<br>until 21:15<br>( <u>Rüdiger</u> ) | Shiatsu<br><u>Gerhard</u>                          | Bokken<br>until 21:15<br><u>Doris</u>                        | .   | 20:00 - 21:30<br>Iaido Anfänger<br>und Fortgeschrittene<br><u>Sebastian</u> |

Our Dojo is closed at Easter Monday, Whit Monday, and from Dec 24 to 26, Dec 31, and Jan 1. At other public holidays see special schedule within the dojo.  
During seminar weekends in our dojo there are no regular classes.

AIKIDO-DOJO Munich --- Danklstr. 9, 81371 Munich --- Webmaster, Nov 26, 2011